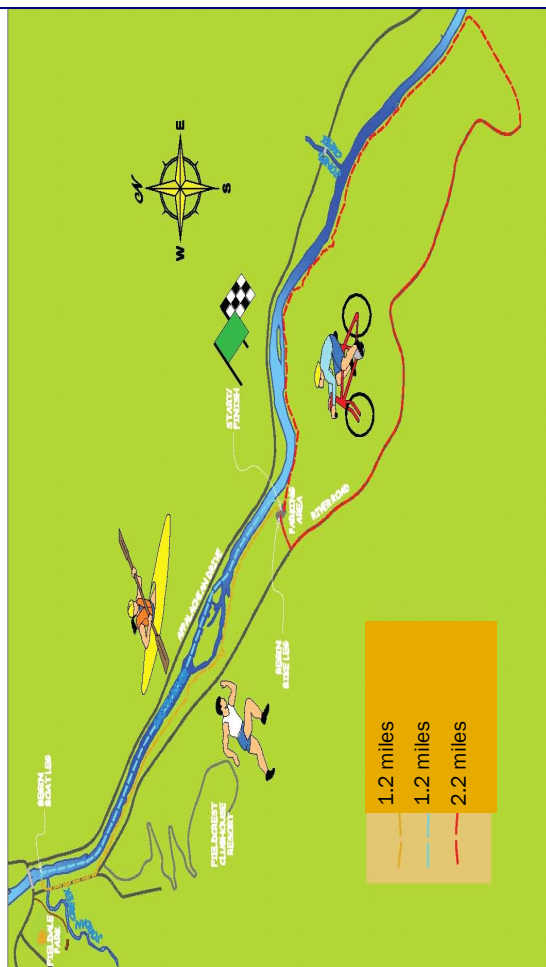


## Course Map



**Run 1.2 miles**

**Kayak/Canoe 1.2 miles**

**Mountain Bike 2.2 miles**

**NO ROAD BIKES!!!**

**\*\*You must provide your own equipment for the race\*\***

Canoes or kayaks available to rent - \$15 - Smith River Outfitters, Must reserve by calling 252-0701 & they will be onsite the day of event.

**Directions:** Mapquest or Google Directions online.

**Physical Location - Fieldale Trail, 3521 River Road, Fieldale, VA 24089.**

## AWARDS

Medals for Different age groups.

Solo - Male & Female

Team—All Male, All Female, Coed.

No duplication of overall finishers

## AGE GROUPS

20 & under

21-30

31-40

41-50

51-60

60 +

**\*Participates must be 15 and older to register\***

- Refreshments will be provided at the end of the race (snacks/water).

**Bring a camp chair and enjoy the hospitality and Race Experience!**

## ENTRY FORM

Age as of June 4 (must be 15)

Name: \_\_\_\_\_ M: \_\_\_\_ F: \_\_\_\_ Age: \_\_\_\_

Address: \_\_\_\_\_

City State Zip

Email: \_\_\_\_\_ Phone Day: (\_\_\_\_) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Please check either Individual or Team entry: Individual: \_\_\_\_

Team Entry: \_\_\_\_ Team Name: \_\_\_\_\_

Shirt size (circle one): AS AM AL AXL AXXL

Team Members (1-4):

1. \_\_\_\_\_ 2. \_\_\_\_\_

3. \_\_\_\_\_ 4. \_\_\_\_\_

**\$15/participate or \$20 after May 13 and day of event**

**Make Checks payable to Martinsville Parks and Rec.**  
**746 B Indian Trail, Martinsville, VA 24112.**

### Liability/Assumption of Risk Statement:

By signing below I acknowledge that participation in the event listed above involves inherent risk of physical injury and possibly death. I assume all such risks by voluntarily electing to participate in this event, hosted by MARTINSVILLE PARKS AND RECREATION, HENRY CO. PARKS AND RECREATION, & ACTIVATE MHC. THESE ORGANIZATIONS LISTED assume no responsibility for any injury and/or property damage/loss in connection with participation in this event. Individuals are reminded that they are responsible for their health and should have medical approval prior to engaging in this event. It is highly recommended that individuals have medical insurance. In the event of an injury, the injured party is responsible for any expenses incurred, including but not limited to, ambulance, emergency, and/or medical charges for treatment received.

I hereby release MARTINSVILLE PARKS AND REC., LESTER GROUP, INCORP., HENRY CO. PARKS AND REC., & ACTIVATE MHC, THEIR employees, THEIR administrators, and volunteers from any and all claims I may have for personal injury or property loss/damage I may incur by participating in this event.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT'S SIGNATURE IF PARTICIPATE IS UNDER AGE 18

\_\_\_\_\_  
DATE: \_\_\_\_\_

**SPONSORED BY**



Bring a camping chair & relax  
after the race.

Call Cancellation Line the  
day of the event, 276-  
403-5256, then press 2,  
to make sure event takes  
place depending on  
weather and trail  
conditions.

Martinsville Parks and Recreation  
746 B Indian Trail  
Martinsville, VA 24112

# Smith River Mini-Triathlon

Sponsored by:

Martinsville Parks and Recreation,  
Henry Co. Parks & Recreation, &  
Activate MHC

## May 21, 2011

Run: 1.2 miles on the Fieldale Trail. Paddle: 1.2 miles on  
the Smith River's class I rapids. Mountain Bike: 2.2  
miles up River Rd. and finish on Fieldale Trail. Awards  
for 1st, 2nd, 3rd place finishers. All pre-registered  
participants receive a T-shirt. **Classes:** Solo—Youth,  
Male, & Female Team—All Male, All Female, Coed.

Music provided after the race by Dean Smith!

**\*\*PARTICIPANTS MUST BE AGE 15 & UP\*\***

**WHERE: FIELDALE TRAIL**

**TIME: 9-9:45AM-check-in, 10AM-race starts**

**FEE: \$15 OR \$20/DAY OF RACE**

**Call 276-403-5141 for more info.**